



DR CATE HOWELL  
& COLLEAGUES

presents a two-day workshop for health professionals

# INTRODUCTION TO HYPNOSIS

Presented by **Dr Cate Howell, PhD**, GP, educator, counsellor and hypnotherapist, this workshop will introduce you to ideas and techniques including:

- The history of hypnosis and hypnotherapy;
- Indicators and contra-indicators for using hypnosis;
  - Processes involved in effective hypnosis;
  - Methods for inducing and deepening trances;
- Approaches to providing therapeutic suggestions; and
- Hypnotherapy for stress and anxiety, and quit smoking.

**When:** Saturday 31st August (9.30-5pm) and Sunday 1st September (9.30-3pm).

**Where:** Melbourne – Quest, 27-84 Upper Heidelberg Rd, Ivanhoe, VIC 3079

**Cost:** \$520 plus GST \$52 – total **\$572**

**Includes:** training, tea and coffee, workshop manual and sample scripts.

**NOTE: A second course on hypnotherapy ('Next Level Hypnosis') follows this introductory workshop, and will be run in 2020.**

Complete the form and pay at [www.drcatehowell.com.au](http://www.drcatehowell.com.au) (shop tab) to secure your place!

Any queries please phone: 0417867815

[cate.howell@gmail.com](mailto:cate.howell@gmail.com)

---

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone no: \_\_\_\_\_ Email: \_\_\_\_\_